



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 41 from Monday 11th to Sunday 17th of October **Macrocycle IV - week 1 (Training week 19)**

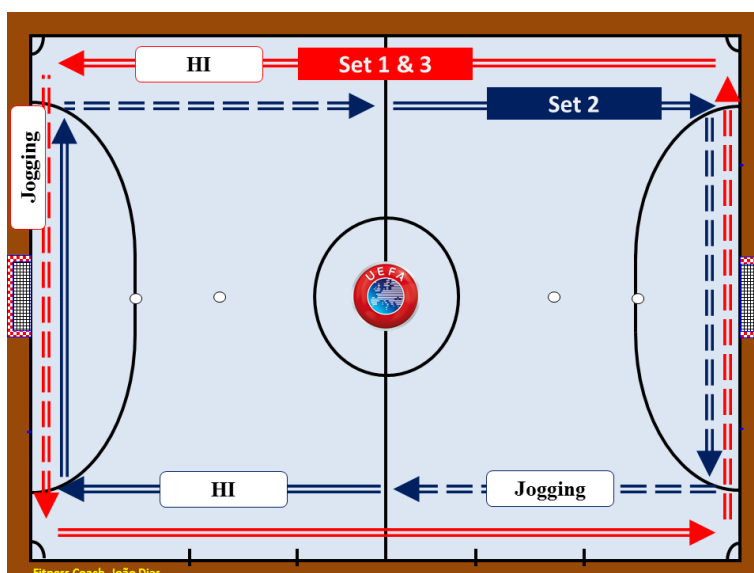
Mon. 11th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 73

- * Warm up - 15' mobilisation and dynamic stretching
- * Low Int. - 24' run at 70% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)
- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 65'

Tue. 12th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 74

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Functional Training Session – 3 sets of 4 minutes (1' rest between each set)
<https://www.youtube.com/watch?v=irvP0vuEMk4>
- * High Int. - run at 90% HRmax / jogging, according to the figure
- In total, this exercise takes 22' (3 sets of 6')
- 2' break between each set (hydration & stretching)



- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 77'



Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 13th: REST DAY / Optional Training Session (Injury Prevention)

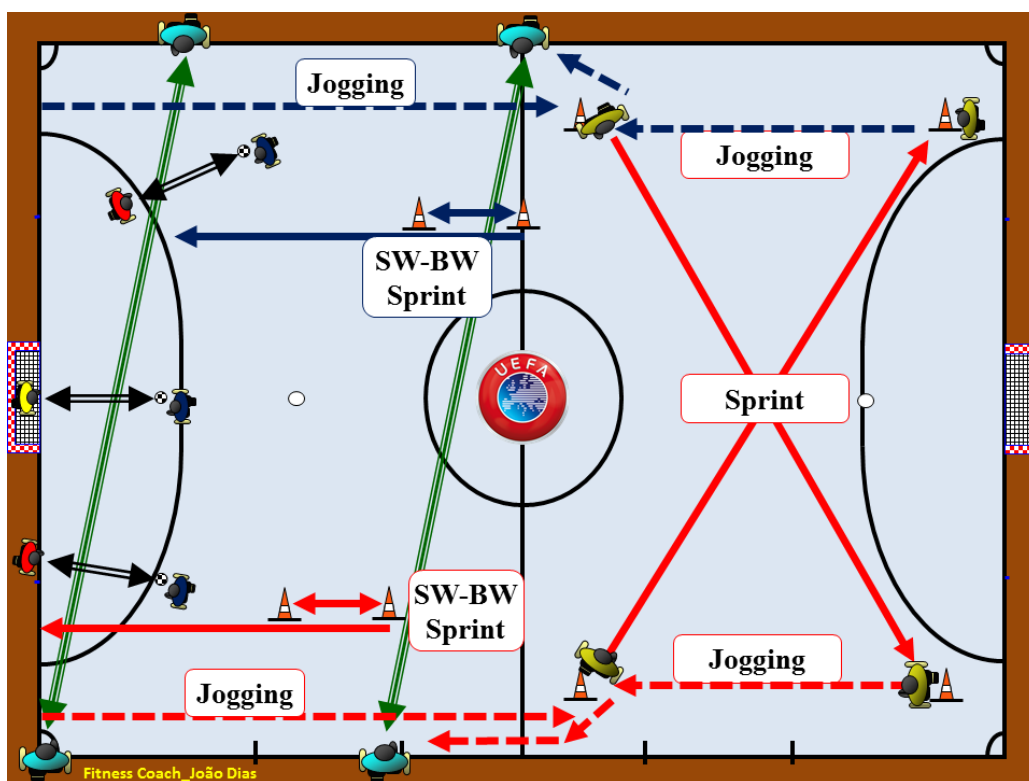
Thu. 14th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 75

* Warm up - 20' jogging, mobilisation and dynamic stretching

* Strength - 15' strength, core stability and injury prevention exercises

* Integrated Technical Exercise - Two by two, on the opposite sidelines, following the movements mentioned in the figure.

Take technical/disciplinary decisions when the player touches the ball (each corridor), defender/attacker, alternatively.



Set 1: 5'

Break: 2' - Hydration & Stretching

Set 2: 5'

Break: 2' - Hydration & Stretching

Set 3: 5'

Total of 18' exercise, with 2' break between sets

* Cool down - 5' jogging and walking, followed by 10' static stretching

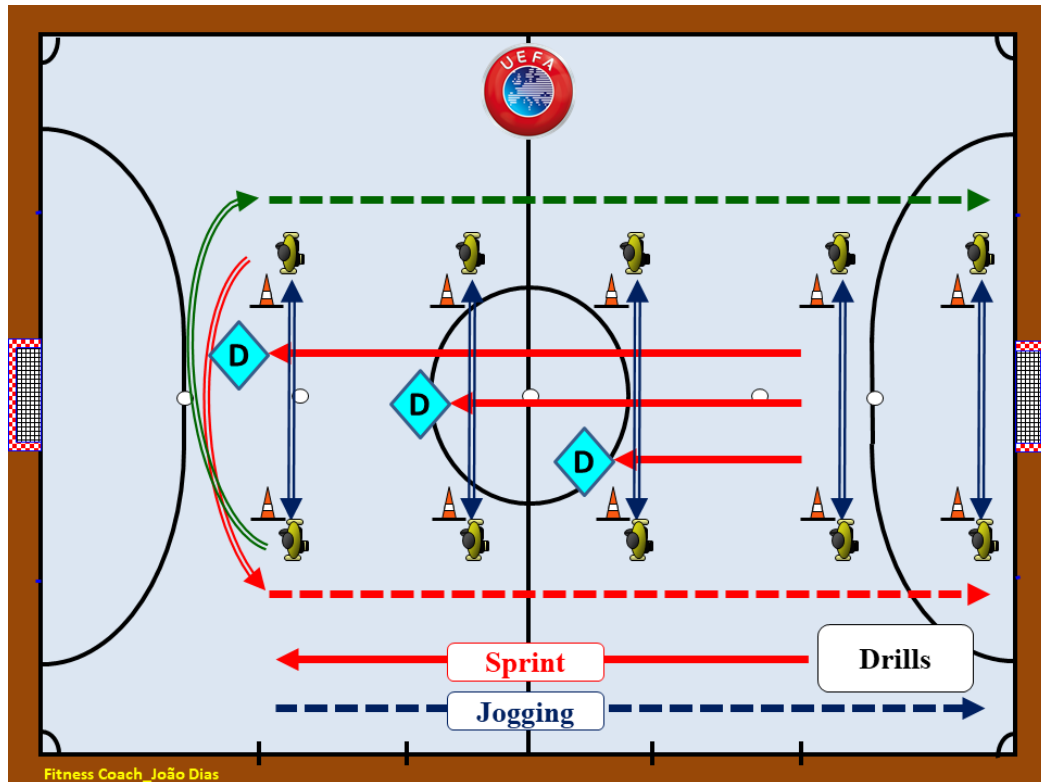
Total duration: 78'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 15th:
Tr. 76

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed - Variations on the pitch as follows:
 - 5' Exercise / 5' Hydration and Stretching / 5' Exercise



- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 50'

Sat. 16th: REST DAY

Sun. 17th: MATCH

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 42 from Monday 18th to Sunday 24th of October **Macrocycle IV - week 2 (Training week 20)**

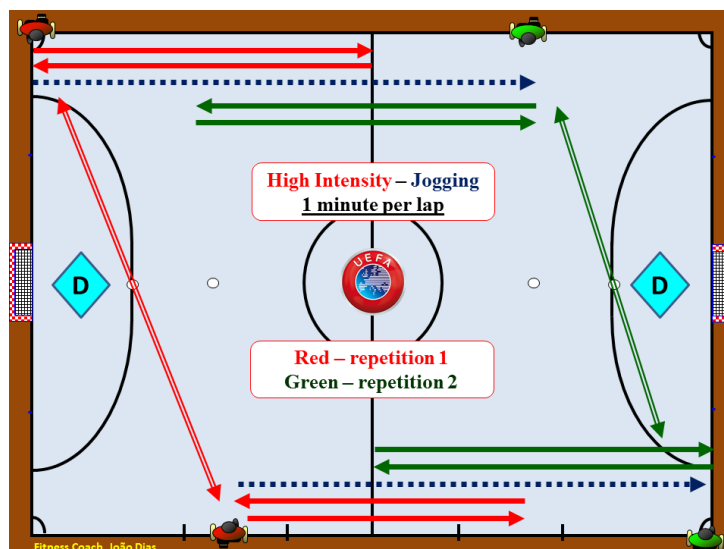
Mon. 18th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 77

- * Warm up - 15' mobilisation and dynamic stretching
- * Low Int. - 24' run at 70% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)
- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 65'

Tue. 19th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 78

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Functional Training Session – 3 sets of 4 minutes (1' rest between each set)
<https://www.youtube.com/watch?v=ov91YQWISFg>
- * High Int. - run at 90% HRmax / jogging, according to the figure
- Rep 1 & 2 alternatively, with decision making every repetitions
- In total, this exercise takes 26' (4 sets of 5')
- 2' break between each set (hydration & stretching)



- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 81'

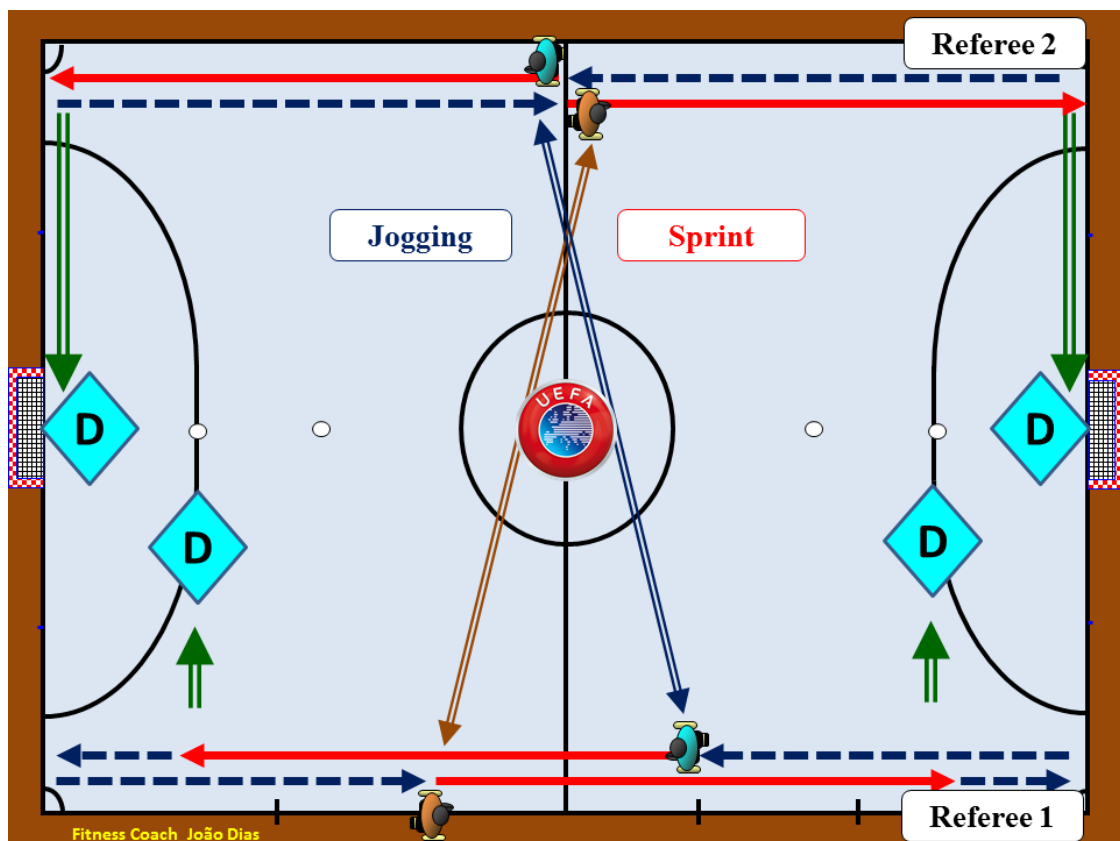


Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 20th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 21st: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 79

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Strength - 15' strength, core stability and injury prevention exercises
- * Integrated Technical Exercise – One by one, on the sideline, following the movements mentioned in the figure.
Take technical/disciplinary decisions after the accelerations, alternatively.



Set 1 & 2: 5' + 5' – Referees stay 1 set in each sideline
Break: 5' – Hydration & Stretching
Set 3 & 4: 5' + 5' – Referees stay 1 set in each sideline
Total of 25' exercise

* Cool down - 5' jogging and walking, followed by 10' static stretching

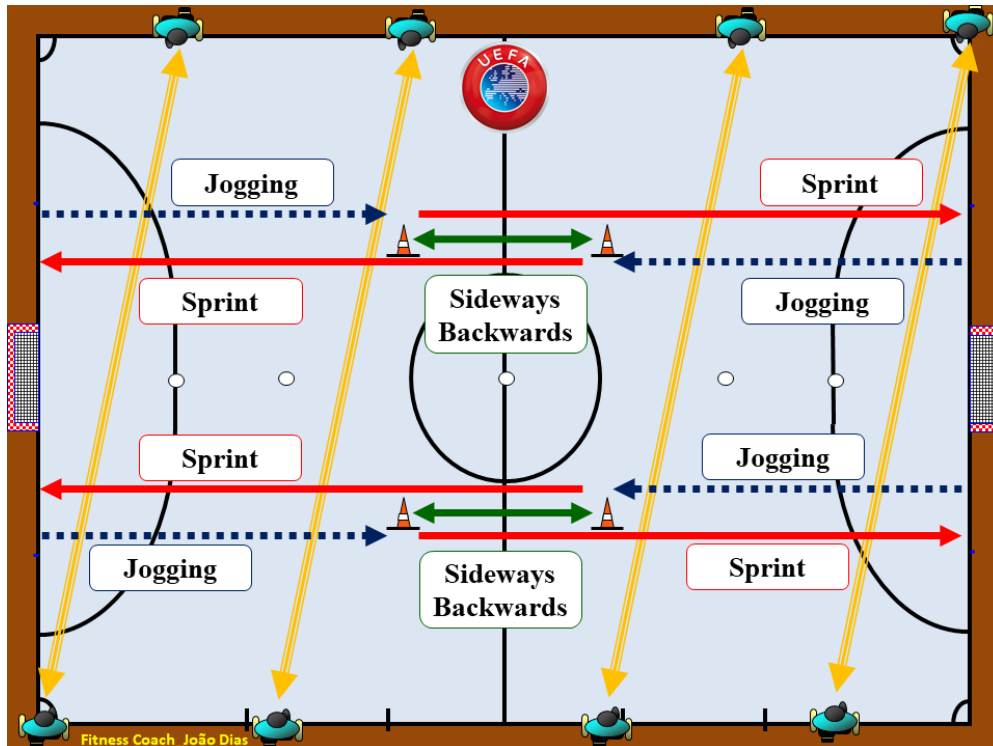
Total duration: 80'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 22nd:
Tr. 80

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed
 - Variations on the sideline pitch as follows:
 - 5' Exercise - sideline Ref 1
 - 5' Hydration and Stretching
 - 5' Exercise - sideline Ref 1



- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 50'

Sat. 23rd: REST DAY

Sun. 24th: MATCH

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 43 from Monday 25th to Sunday 31st of October **Macrocycle IV - week 3 (Training week 21)**

Mon. 25th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 81

* Warm up - 15' mobilisation and dynamic stretching

* Low Int. - 24' run at 70% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)

* Cool down - 5' jogging and walking, followed by 10' static stretching

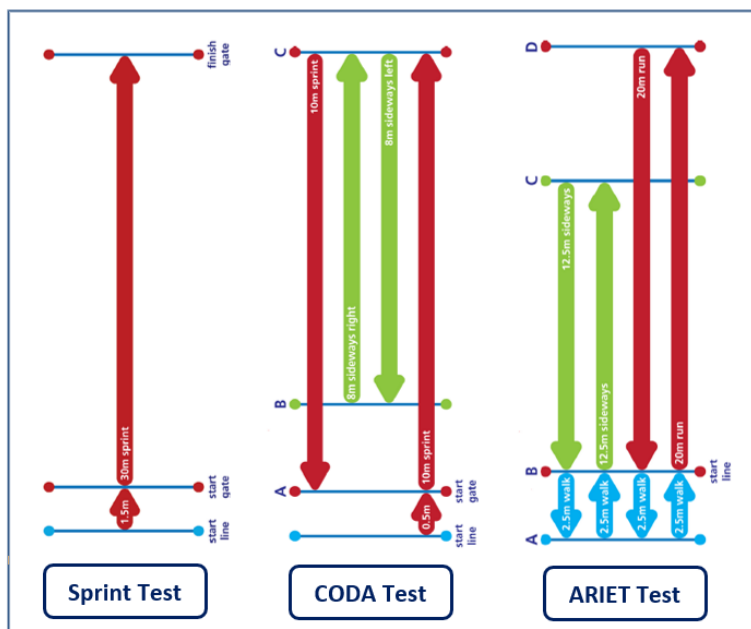
Total duration: 65'

Tue. 26th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 82

* Warm up - 20' jogging, mobilisation and dynamic stretching

* Functional Training Session – 3 sets of 4 minutes (1' rest between each set)
<https://www.youtube.com/watch?v=qhhfalmu4fk>

* High Int. - Practice the Futsal fitness assessment (international reference times)



* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 74'



Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 27th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 28th: * Low Int. - 5' jogging slowly building up to 70% HRmax

Tr. 83

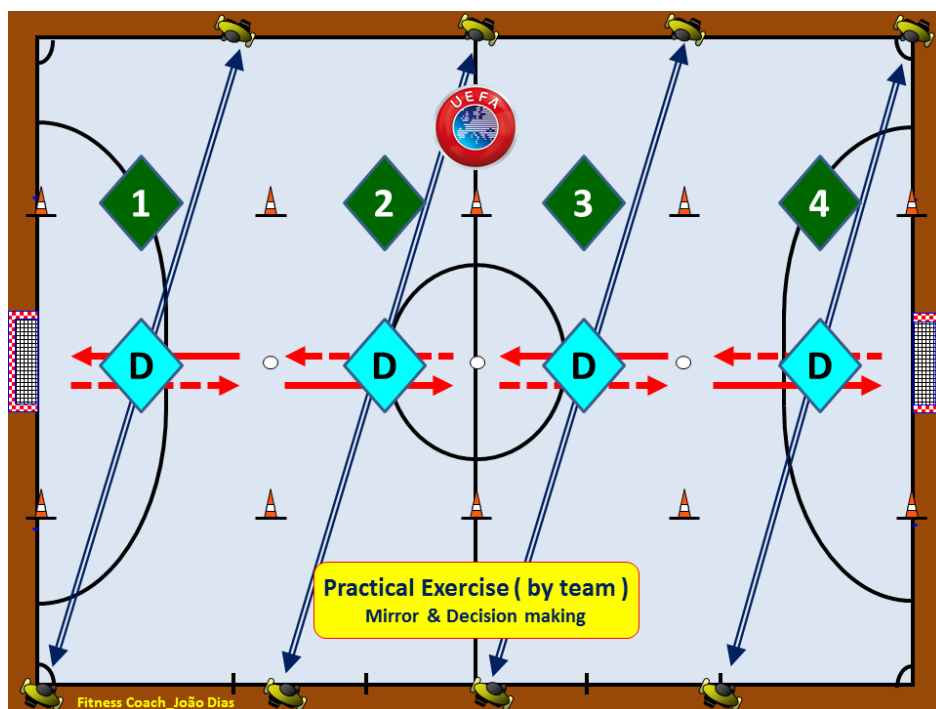
* Warm up - 20' jogging, mobilisation and dynamic stretching

* Strength - 15' strength, core stability and injury prevention exercises

* Integrated Technical Exercise – Two by two, on the opposite sidelines, and according to the different places of the pitch (see the figure).

During 30'', one of the referees is the leader of the movements and decisions, and the other follows him. Immediately after 30'', the leader change.

After 1', each pair of referees change the position on the pitch (from 1 to 4)



Set 1: 4x (30''+30'') with 30'' break & change of position

Break: 1'30'' – Hydration & Stretching

Set 2: 4x (30''+30'') with 30'' break & change of position

Break: 1'30'' – Hydration & Stretching

Set 3: 4x (30''+30'') with 30'' break & change of position

Total of 20' exercise, with 1'30'' break between sets

* Cool down - 5' jogging and walking, followed by 10' static stretching

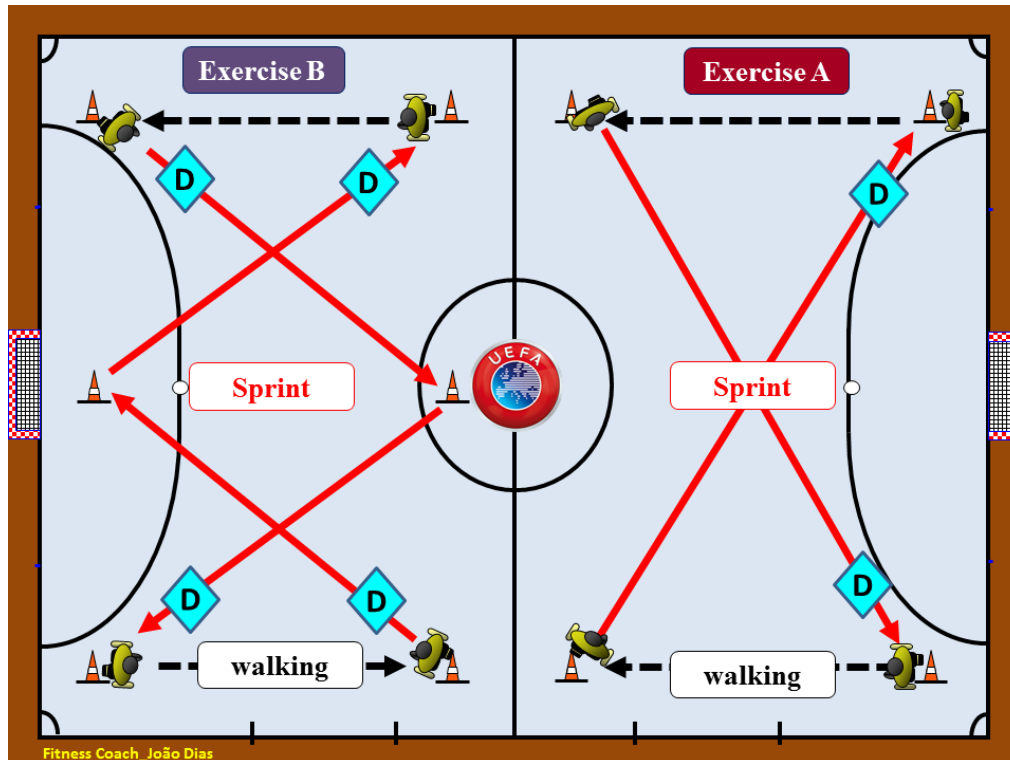
Total duration: 80'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 29th:
Tr. 84

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed & Agility
 - Variations on the sideline pitch as follows:
 - 5' Exercise A
 - 5' Hydration and Stretching
 - 5' Exercise B



- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 50'

Sat. 30th: REST DAY

Sun. 31st: MATCH

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 44 from Monday 01st to Sunday 07th of November **Macrocycle IV - week 4 (Training week 22)**

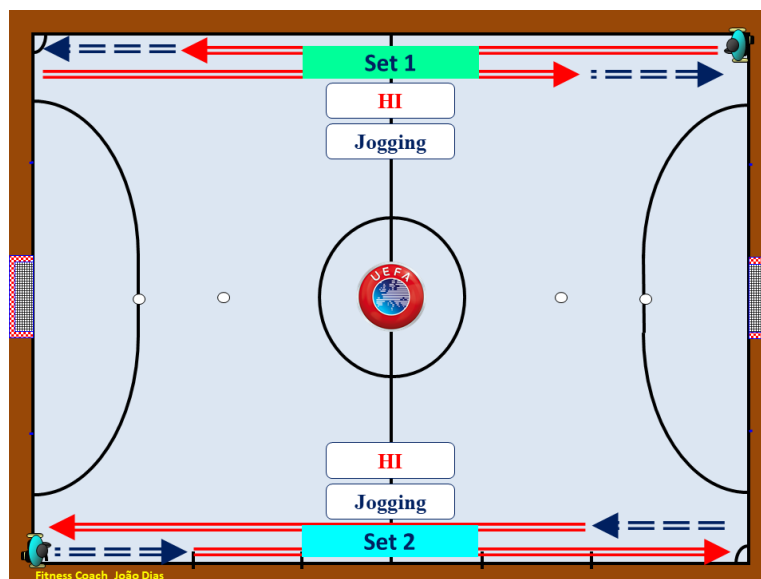
Mon. 01st: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 85

- * Warm up - 15' mobilisation and dynamic stretching
- * Low Int. - 24' run at 70% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)
- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 65'

Tue. 02nd: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 86

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Functional Training Session – 3 sets of 4 minutes (1' rest between each set)
<https://www.youtube.com/watch?v=G8ZaToDUXBM>
- * High Int. - run at 90% HRmax / jogging, according to the figure
- In total, this exercise takes 26' (2 sets of 5' in each side)
- 2' break between each set (hydration & stretching)
- Decision making after the HI runs.



- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 74'



Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 03rd: REST DAY / Optional Training Session (Injury Prevention)

Thu. 04th: * Low Int. - 5' jogging slowly building up to 70% HRmax

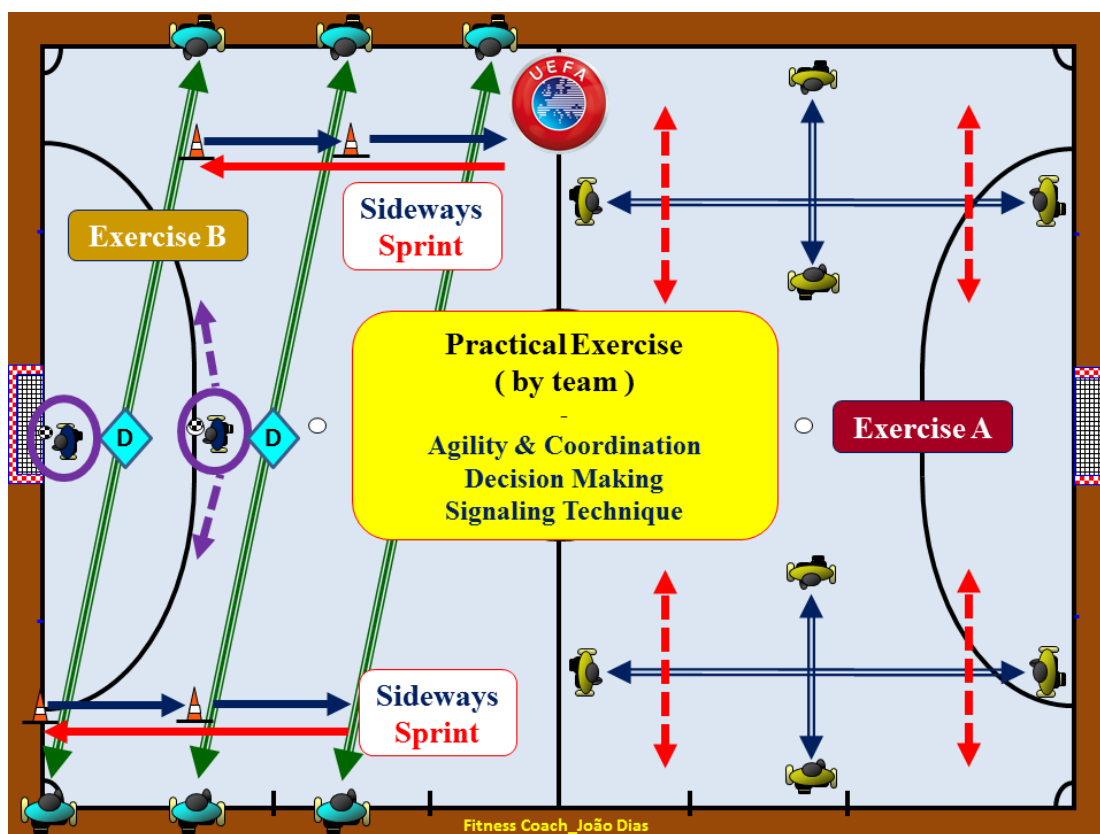
Tr. 87

* Warm up - 20' jogging, mobilisation and dynamic stretching

* Strength - 15' strength, core stability and injury prevention exercises

* Integrated Technical Exercise - Two by two, following the movements mentioned in the figure.

In exercise B take technical/disciplinary decisions after the accelerations.



Set 1 – Exercise A: 6'

Break: 2' – Hydration & Stretching

Set 2 – Exercise B (sideline Ref 1): 8'

Break: 2' – Hydration & Stretching

Set 3 – Exercise B (sideline Ref 2): 8'

* Cool down - 5' jogging and walking, followed by 10' static stretching

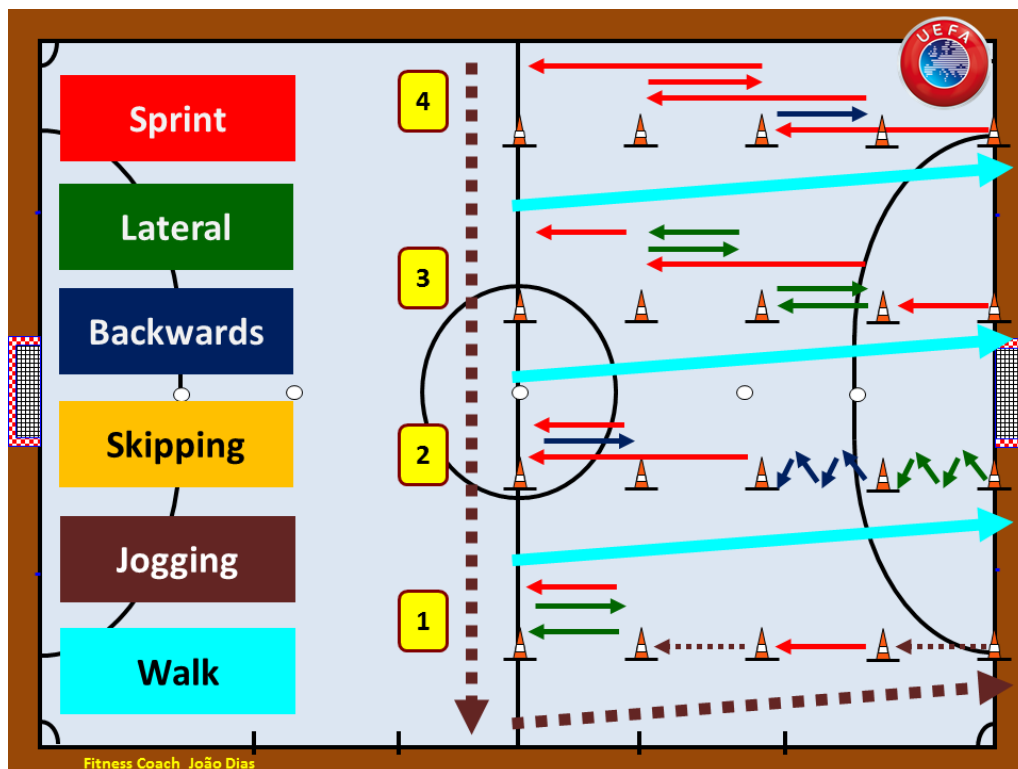
Total duration: 81'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 05th:
Tr. 88

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed & Agility
 - Variations of movements as follows:
 - Set 1 – 2 laps
 - 5' Hydration and Stretching
 - Set 2 – 2 laps



- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 50'

Sat. 06th: REST DAY

Sun. 07th: MATCH

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 45 from Monday 08th to Sunday 14th of November **Macrocycle IV - week 5 (Training week 23)**

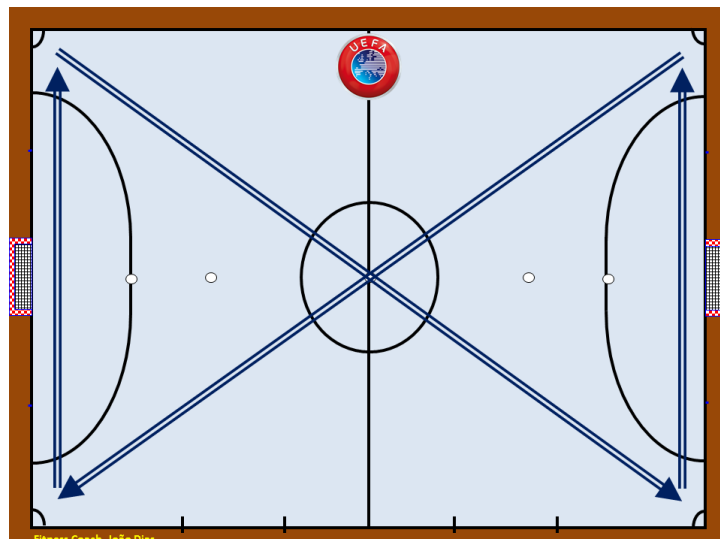
Mon. 08th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 89

- * Warm up - 15' mobilisation and dynamic stretching
- * Low Int. - 24' run at 70% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)
- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 65'

Tue. 09th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 90

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Functional Training Session – 3 sets of 4 minutes (1' rest between each set)
https://www.youtube.com/watch?v=P_l2utBObwU
- * High Int. - Set 1: 45" run at 90% HRmax, 15" jogging – 8 repetitions
- Set 2: 40" run at 90% HRmax, 20" jogging – 8 repetitions
- 3' break between sets – hydration & stretching)
- In total, this exercise takes 21'



- * Cool down - 5' jogging and walking, followed by 10' static stretching

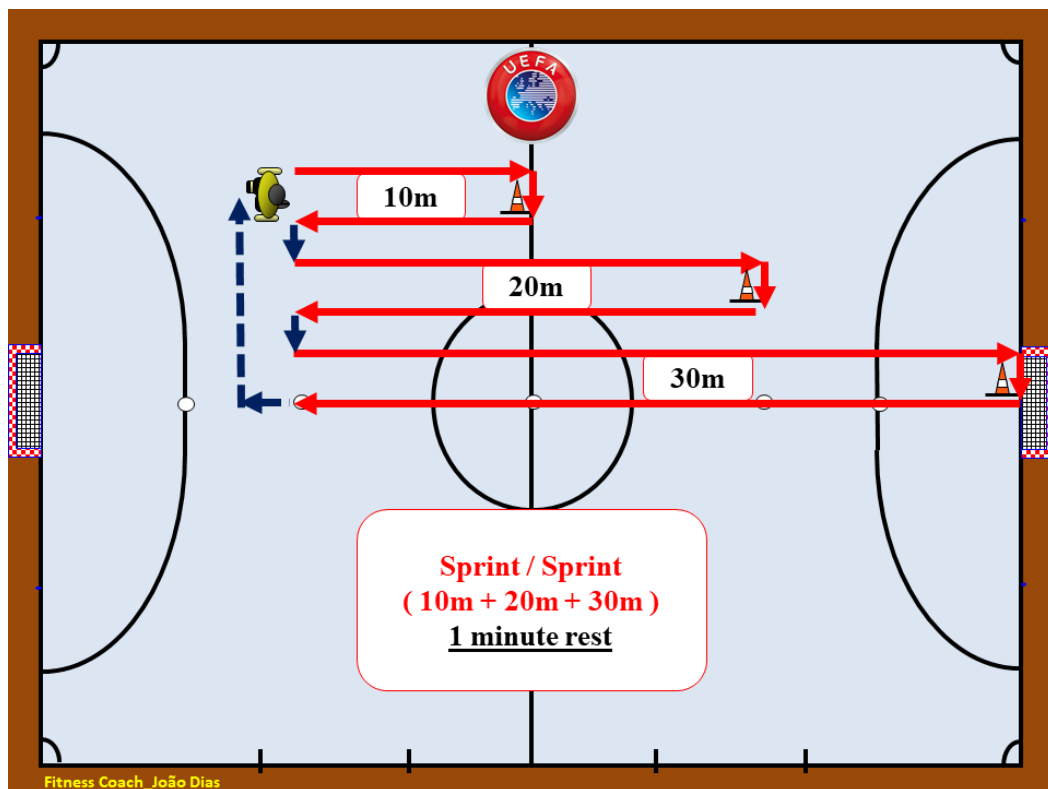
Total duration: 76'



Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 10th: REST DAY / Optional Training Session (Injury Prevention)

- Thu. 11th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 91
- * Warm up - 20' jogging, mobilisation and dynamic stretching
 - * Strength - 15' strength, core stability and injury prevention exercises
 - * Speed End - Suicide run: 10m sprint + 20m sprint + 30m sprint (both ways)
 - One-minute rest and then repeat 4 times the exercise.
 - 4 sets, with 4' recovery & hydration



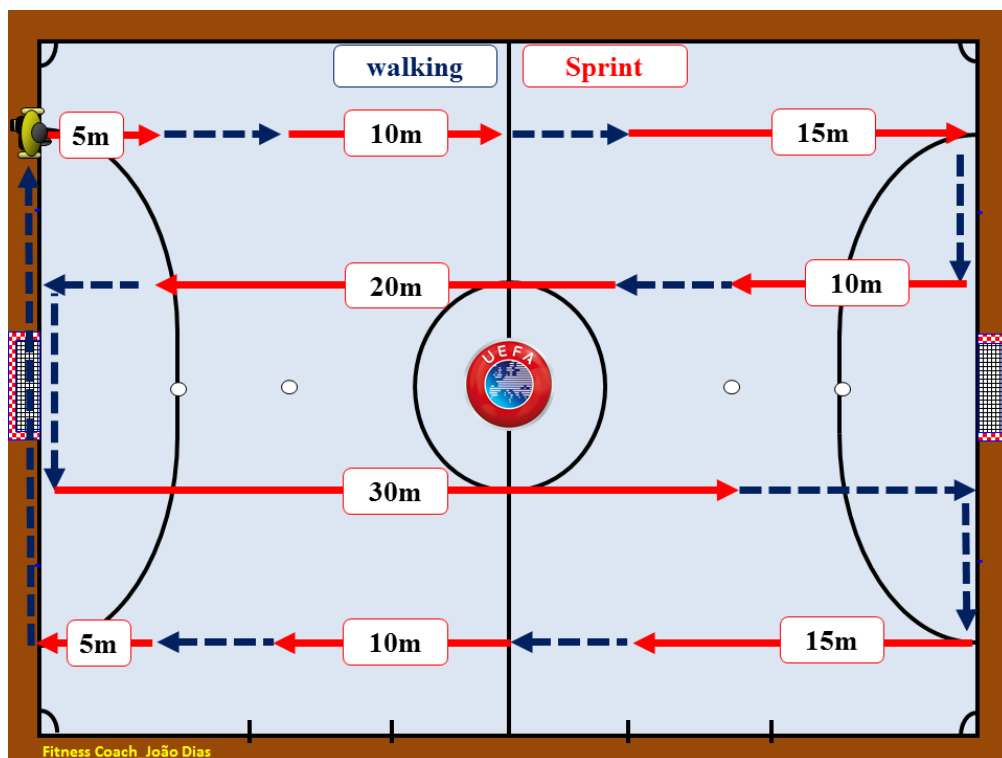
- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 75'

- Fri. 12th:** * Warm up - 20' jogging, mobilisation and dynamic stretching
Tr. 92
- * Speed - Variations on the pitch as follows:
 - Set 1 - 2 laps
 - 5' Hydration and Stretching
 - Set 2 - 2 laps



Performance Training in Futsal Refereeing Weekly Training Plan



* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 50'

Sat. 13th: REST DAY

Sun. 14th: MATCH

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 46 from Monday 15th to Sunday 21st of November **Macrocycle IV - week 6 (Training week 24)**

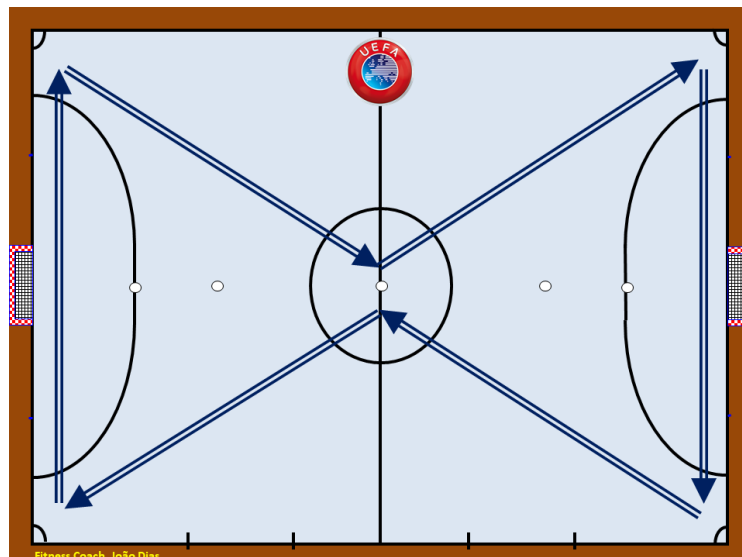
Mon. 15th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 93

- * Warm up - 15' mobilisation and dynamic stretching
- * Low Int. - 24' run at 70% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)
- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 65'

Tue. 16th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 94

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Functional Training Session – 3 sets of 4 minutes (1' rest between each set)
<https://www.youtube.com/watch?v=1XSSek8RA8k>
- * High Int. - 1' run at 90% HRmax / 30'' jogging (12 sets)
- This exercise has to be performed in the normal range of the HI training zone (85 to 95% HRmax).
- In total, this exercise takes 18'



- * Cool down - 5' jogging and walking, followed by 10' static stretching

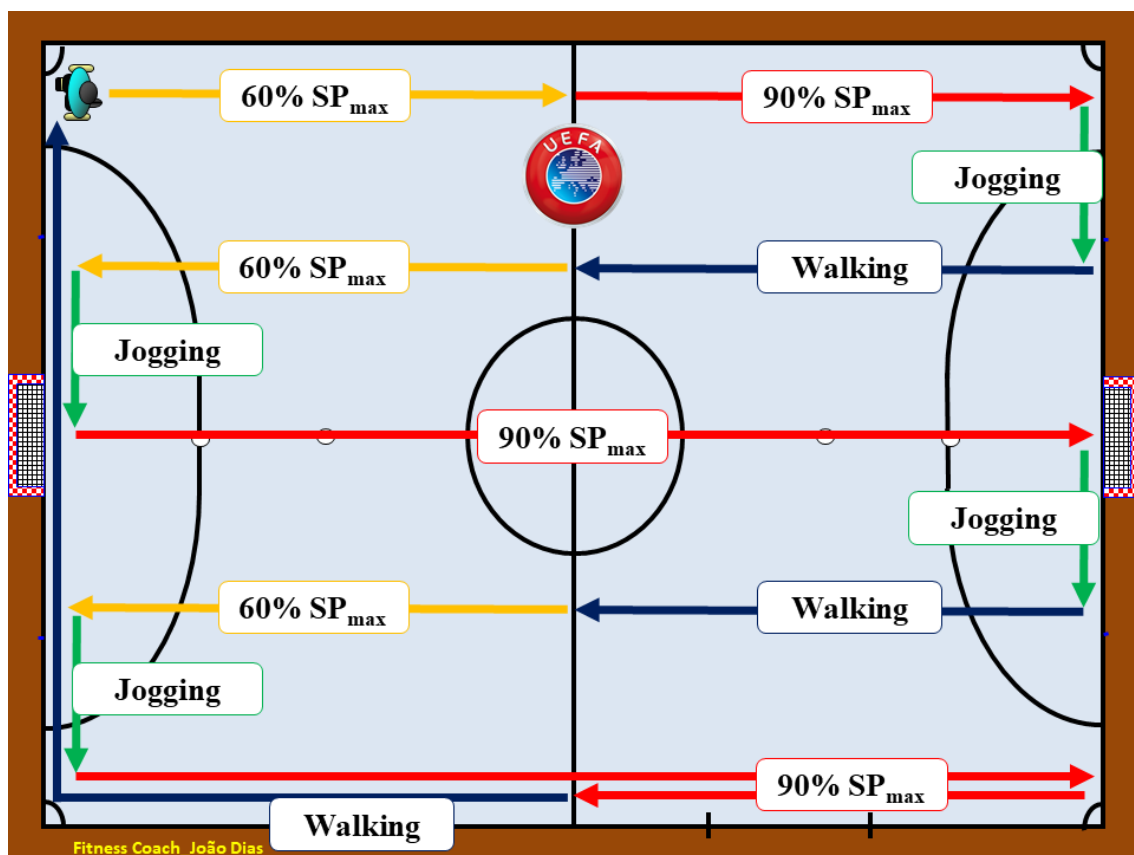
Total duration: 75'



Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 17th: REST DAY / Optional Training Session (Injury Prevention)

- Thu. 18th:** * Low Int. - 5' jogging slowly building up to 70% HR_{max}
Tr. 95
- * Warm up - 20' jogging, mobilisation and dynamic stretching
 - * Strength - 15' strength, core stability and injury prevention exercises
 - * Speed End - 2 sets of 10' each, with 3' recovery between
 - The running speed is expressed as a % of the maximal speed.



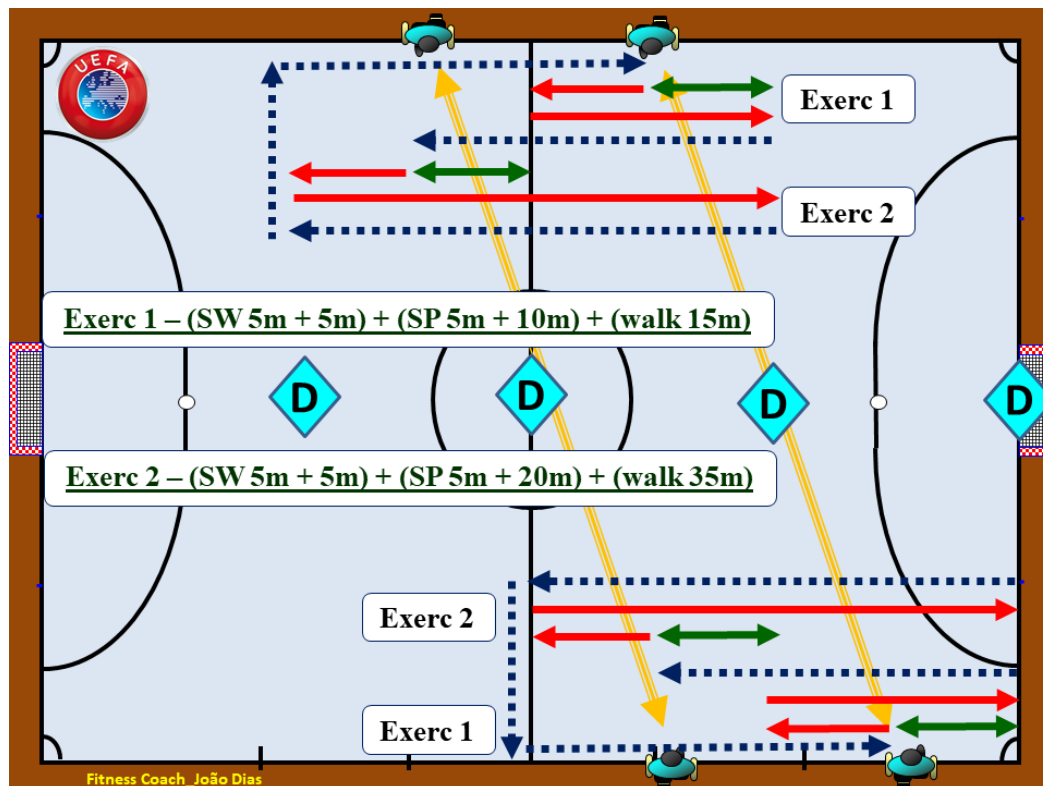
- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 80'

- Fri. 19th:** * Warm up - 20' jogging, mobilisation and dynamic stretching
Tr. 96
- * Speed - Variations on the pitch as follows:
 - 5' Exercise / 5' Hydration and Stretching / 5' Exercise



Performance Training in Futsal Refereeing Weekly Training Plan



* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 50'

Sat. 20th: REST DAY

Sun. 21st: MATCH

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.